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# Review of Curd, *Paneer* and Cheese as *Nitya Asevaniya Ahara Dravya* w.s.r. to *Dadhi, Kilat* and *Kurchika*

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## ABSTRACT

Curd, *Paneer* and Cheese are rich source of milk protein, calcium, Vitamin A, Phosphorous, vitamins, minerals and protein which are required by the body in high proportions for healthy growth and development. It is common food in India. Cheese is also a rich source of fat. Curd, *Paneer* and Cheese can be correlated with *Dadhi, Paneer* and Cheese in Ayurveda classics which are listed in *Nitya Asevaniya Ahara Dravya* (food items not to be taken in daily diet). Present study aims to explain rationale behind description of these food items as *Nitya Asevaniya Ahara Dravya*.

**Key words:** *Paneer, Cheese, Curd, Nitya Asevaniya, Ahara.*

## INTRODUCTION

*Nitya Asevaniya Ahara Dravya* have been enlisted in *Charaka samhita*,<sup>[1]</sup> *Ashtanga Hridaya*,<sup>[2]</sup> *Ashtanga Samgraha*<sup>[3]</sup> and *Kaiyyadeva Nighantu*.<sup>[4]</sup> According to the dictionary of Monier William, the word *Nitya* means 'for long time' (Monier Williams, 2005).

Curd is most common food content of Indian diet. Nutritional content of Curd is mentioned in Table 1. It is rich source of milk protein, calcium. It can be correlated with *Dadhi* according to Ayurveda. *Dadhi* is heavy to digest, increases moisture content in body, vitiates *Kapha, Vata* and *Pitta*. It is also responsible

for vitiation of blood and causes blood disorders. So it is advised to avoid intake of curd in hot climate.

**Table 1: Nutritional value of Curd**

Total Fat	3.1 g
Saturated fat	1.9 g
Cholesterol	8 mg
Total Carbohydrate	4.4 g
Protein	4.1 g
Calcium	83 mg

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*Paneer* made by curdling heated milk with lemon juice, vinegar or any other food acids. It is a rich source of milk protein, calcium, Vitamin A, Phosphorous, vitamins, minerals and protein which are required by the body in high proportions for healthy growth and development. Nutritional value of *Paneer* as per 183g is as mentioned in Table 2. *Paneer* can be correlated with *Kilat* in Ayurveda. It is heavy to digest and vitiates all the three *Dosha*. It also causes vitiation of blood.

**Table 2: Nutritional value of Paneer**

Energy	182 kJ (43 kcal)
Sugars	10 g
Fat	2 g
Protein	7 g
Vitamin A equiv.	44 µg
Calcium	230 mg
Sodium	87 mg

Cheese is prepared from fermentation of curd. Nutritional value of Swiss Cheese as per 100g is as mentioned in Table 3. It can be correlated with *Kurchika* in Ayurveda. *Kurchika* is heavy to digest and causes vitiation of three *Dosha* and blood.

**Table 3: Nutritional value of Swiss Cheese per 100g**

Sugars	5.4g
Fat	27.8g
Protein	26.9g
Vitamin A equiv.	17 µg
Calcium	79mg
Sodium	8mg

According to some of the modern researches on dairy products, saturated fat in dairy products leads to increase LDL level which is a risk factor for cardiovascular diseases.<sup>[5]</sup> Cheese has the potential for promoting the growth of *Listeria* bacteria. *Listeria* monocytogenes can also cause serious infection in an infant and pregnant woman and can be transmitted to her infant in utero or after birth.<sup>[6]</sup> According to a study published in the "Journal of the National Cancer Institute," cheese and other dairy products may actually raise the risk of breast cancer.<sup>[7]</sup> A study published in "Nutrition and Cancer" also came to the

same conclusion. Other studies link cheese to lymphoid cancers and lung cancer.<sup>[8]</sup> The Physicians Committee on Responsible Medicine warned in "The New York Times" that cheese can contribute to the development of colic, allergies and digestive problems due to intestinal colonization of *Listeria* or *E.Coli*.<sup>[9]</sup>

## CONCLUSION

Curd, Paneer and cheese is high protein, high fat diet. According to Ayurveda it is not indicated for daily consumption because of their harmful effects on body. All the the 3 are heavy to digest, vitiates *Vata*, *Pitta* and *Kapha*. They are also responsible for vitiation of blood. According to modern researches, it is a risk factor for cardiovascular diseases as well as cancer. It has potential to promote growth of *Listeria* monocytogenes and *E.coli*.

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